

The Healthy Cupboard

MYO-MED®
"is going to ease a lot of PAIN"

3oz TUBE

• Arthritis • Tendonitis
• Muscle strain • Back pain

HOT PRICE!

**2 for
\$39.99**

While supplies last



The Gourmet Restaurant

Wishing You a Happy Holiday?

Lunch Buffet \$7.50; Dinner \$11.50
Take out & Delivery Available

468 MAIN STREET, PORT COLBORNE 905-834-5683

upfront

■ PARAMEDICS

Community interaction

FROM PAGE 1

Jeffs and fire Chief Harry Flagg were called out over long response times to emergency calls in Wainfleet and wanted to find a solution.

Response times in Wainfleet for paramedics, coming from Port Colborne or Welland bases, and occasionally Dunnville, were between 19 and 24 minutes for 2011 and most of 2012.

The response time the region was in rural regions, like Wainfleet, is under 15 minutes and 59 seconds 90% of the time.

The paramedic community response unit will vastly cut down that response time, whether the paramedic is at the fire hall or out on the road.

Flagg said the unit has already proven its worth, with all the paramedics coming across a car crash before the fire service or Niagara Regional Police were even alerted.

"I can be first on scene in five or six minutes ... be there before firefighters" said Kerr, who was previously stationed in neighbouring West Lincoln.

Driving an SUV outfitted with what an advanced-care paramedic needs, Kerr can move quickly about the township and communicate back

to dispatchers whether more emergency resources are needed.

He can quickly assess patients and determine whether they even need to go to a hospital. Not all calls the paramedics respond to will be emergency calls.

The unit will operate 12 hours a day, seven days a week and be manned by five advanced-care paramedics, who can place IVs and intubate patients for transport. Two of the paramedics will be familiar with Wainfleet, while the other three are replacements who will fill in as needed.

Michael Sanderson, Niagara EMS deputy chief-associate director, said the system in place for ambulances to respond to calls, is also in the SUV.

The dispatch system shows all the details of the call, including the location of the call on a screen in the vehicle, and one of the most advanced in the province.

While Kerr has worked in a rural setting before, he wasn't all that familiar with Wainfleet. He has been out driving around, learning the roads and meeting with business owners and residents.

Interacting with the community and trying to fill in some of the gaps in health care is the paramedic com-

munity response unit's goal. "I want to hear from the community," Kerr said.

Kerr said advanced-care paramedics could monitor people in the community and if a red flag popped up, suggest the person go see their family doctor or make a trip to the hospital.

Cumpane said if, for example, one of the paramedics was sent to the home of a diabetic, they could assess the patient and determine whether or not a trip to the hospital is necessary. Knowing where that patient lived, paramedics could stop in and check up on them in the future.

While the paramedics will interact with the community, they'll also be working closely with Wainfleet's volunteer firefighters.

Flagg sees that as a real benefit to the town, especially as they'll be working with the same paramedics all the time.

"We can watch and see what they are doing and they can provide us with feedback. My firefighters are very inquisitive and have already told me they are learning," said Flagg, adding paramedics have adjusted their shifts to match with firefighter training nights.

"It's working out great."

dave.johnson@sunmedia.ca

■ ECONOMY: Canadian shipping industry looking ahead



JULIE JOCSAK QMI Agency Niagara
The Cuyhoga made its way past the Homer Bridge on the opening day of the Welland Canal on March 22. Shipping volumes have increased over the past three years after economic turmoil in 2009.

Seaway cruises into calmer waters

DON FRASER
QMI Agency Niagara

ST. CATHARINES — How the tide has changed for the St. Lawrence Seaway over the past three years.

Sail back to 2009 and the world was in economic turmoil, the bulk-carrier business was sinking and commercial shipments founders.

A slow recovery since then has been kind to the Seaway, and its 45-km Welland Canal so vital to Niagara's economy.

"Certainly '09 was quite a

difficult year, and we were at the trough of the greatest financial crisis," said Mr. Lawrence Seaway Management Corp. spokesman Andrew Bogora.

"And that was reflected in the Seaway's tonnage."

Bogora said volumes have "built incrementally, every year."

This year, the Seaway foresees ending the year at around 38 million tonnes of cargo.

And two of the major drivers in this year's turnaround — iron ore and cleaner coal.

That iron ore is exported via

the Seaway to Asia's booming economies.

Meanwhile, an especially clean variety of coal is being shipped from Montana and Wyoming's Powder River Basin, and prized by European markets.

"The coal is a reflection of how Europe prizes high-quality, low-sulphur coal," Bogora said. "When you burn this coal in European power plants it has minimal environmental impact."

see SEAWAY | page 3

THE TRIBUNE
MAKING A DIFFERENCE...DAILY

HOME DELIVERY 6 MONTHS FOR \$80 PLUS TAX

CINEPLEX
NIGHT OUT COUPON!

\$42³⁷ VALUE!

CINEPLEX NIGHT OUT SUPER SOIREE CINEPLEX

To Order Call QUOTE CINEPLEX WHEN ORDERING. 905-732-2412

Gift Certificate is good for 2 general admissions, 2 regular soft drinks and 1 regular popcorn!

Valid to new customers who have not had home delivery in the last 28 days. This offer is a 6 month prepaid subscription of daily home delivery for \$80 plus tax. Offer is not available in all areas and may not be used in conjunction with any other offer. This special offer is non-refundable. Offer coupon will be mailed out within 8-10 weeks of the subscription. GST included. GST #R0692 1453 RT0308. Offer good until December 31, 2012. ©Cineplex Entertainment LP or used under license.

portraits

■ SEAWAY

Canal suited for oversized cargoes

FROM PAGE 2

In nearby Hamilton, its port also recently attracted 103-year-old Canadian-owned grain trading company Parrish and Heimbecker. It has completed the first phase of a modern and cutting-edge grain terminal.

Bogora said it "speaks well" to the Seaway's growing importance to the grain trade and the confidence it and other companies have shown in the Seaway's future.

He said the mining and renewable power sector — such as wind turbines — is also ramping up Seaway tonnage

volumes.

"This is the Seaway is especially suited to moving the larger, oversized cargoes of infrastructure these sectors require," he said.

It's that asset that made the moving of the decommissioned Port Ojibwa submarine to Port Burwell possible in late November.

"It speaks to the Seaway's versatility," Bogora said. "And how we've come up with favoured means of moving these large pieces of project cargo."

Algoma Central Corp. is among a number of maritime

businesses to benefit from the Seaway recovery.

"Certainly everyone was impacted in 2008, 2009. It was an economy in freefall," said Greg Wight, president and CEO of St. Catharines-based Algoma.

"We have certainly bounced back from there."

Wight also pointed to iron ore export and coal volumes as among two current Seaway volumes.

As for its Canadian fleet of 23 dry bulk vessels and product tankers, "we've improved each year from 2009, with 2012

probably the same as 2011," he said.

Eight new state-of-the-art ships on order will also join Algoma's fleet next year.

"Virtually all of our fleet has been employed," Wight said. "There were a few weak spots in the summer, but we are seeing good employment of our vessels."



WILLY WATERTON OMI Agency
Greg Wight, president and
CEO of Algoma Central
Corporation.

WELLAND CANAL END-OF-SEASON 2012 CLOSURE

Seaway spokesman Andrew Bogora says if demand warrants it and weather is favourable it will happen midnight on Dec. 30.

WELLAND CANAL CARGO TRAFFIC IN TONNES

	2008 – 33.58 million
■ 2009 – 26.38 million	
■ 2010 – 29.18 million	
■ 2011 – 29.65 million	

■ ARTS PLACE: New exhibit launches Saturday

A Festival of Colour for drab winter days

DAVE JOHNSON
InPort News Staff

PORL COLBORNE — Arts Place Gallery is adding a splash of colour into the dull, dreary days of December and January with its newest exhibition.

The Festival of Colour kicks off Saturday and runs until Sunday, Jan. 27.

Work being hung at the gallery includes a mix of past and present gallery artists, including gallery founder Joyce Honsberger, Cathy Peters, Dorothy Butchered, Doug Carter and David Spiegel.

Each of the artists work in different mediums. There's oil paintings, water colours, glass work and mixed media.

Carter this week was hanging a few of his watercolour paintings — a mix of greens and one full of fall colours.

On the wall of the gallery at 714 King St. are a couple of Honsberger's mixed-media pieces. One of her larger pieces was made out

of fibre, twine and monofilament and is full of different colours. Another piece viewed from a certain angle looks much like a Christmas stocking.

Spiegel's work was also being hung on the wall, and it's a mixed media.

The retired priest was at the opening reception for the exhibit on Sunday from 2 p.m. to 4 p.m. and he reflected on the Christmas story.

"It will be a great time," said Honsberger, adding the reception is also a way of thanking all of the gallery's long partners.

The gallery is open Thursday through Sunday noon to 4 p.m. until Dec. 23 and switches to winter hours starting Friday, Jan. 4, when hours will be Friday through Sunday, noon to 4:30 p.m.

The gallery can be reached at 905-834-9060 and found at www.artsplacegallery.com.

dave.johnson@sunmedia.ca



DAVE JOHNSON Staff Photo

Arts Place Gallery's Festival of Colour exhibition kicks off Saturday and runs until Sunday, Jan. 27. Joyce Honsberger, artist and gallery founder, stands by one of her pieces on the gallery's wall.

■ WILLIAM THOMAS

Making the Last Days long days

FROM PAGE 4

This transformative global Armageddon at the end of the 512-year-long Mesoamerican Long Count Calendar resulting in the death of seven billion earthly citizens is what Wolf Blitzer would call a "game changer." Wolf has already begun to hermetically seal his Situation Room. The problem is getting to the Crisis Center where the toilet is located.

Whether you believe the world will end in a matter of days or not, it pays to be vigilant. Watch for the signs, the tell-tale indicators that Mother Earth is in life-support and about to pull her own plug.

If it is, happen, various astronomical alignments will begin to shift. The Earth will slowly enter into a slow but irreversible death spiral into the black hole at the centre of the galaxy. Before it happens Madonna, dressed as a nun, will put out one last music video just to annoy the Pope.

As dark clouds settle upon the planet, expect a

spokesman for al-Qaida to claim responsibility for the event and Pat Robertson to place the blame on gay marriage.

Watch for all those scraggly old men, the purveyors of doom, standing on street corners with signs that no longer say "The End Is Near" but now read "We Told You So."

Expect Drapery Outlet to

start an End of the World

Drape Sale with Paul Anka

singing: "And now the end is

near and so I face the final

curtain." All sales will be final.

Look for Martha Stewart to do a one-hour special on hand crafting funeral wreaths in which she drops two hand-painted Robin's eggs and writes on them: "Hey! It's not the end of the world!"

Look for NBC's weatherman Al Roker to predict that Friday will start out cold and foggy with a 50% chance of an afternoon.

Watch for doom-struck headlines proclaiming "Rob Ford's days are really numbered now" and the O.J. this

one's for you!"

Watch for people with high cholesterol trading in their Lipitor and Crestor tablets for that 1,200-calorie KFC Double Down Sandwich that contains no bread.

Anticipate that Victoria's Secret will finally give up the secret of its success: "Horny men!"

Watch for Silvio Berlusconi to throw a tony party. Look for Gary Bussey to see NHL players his "final, final" offer which they will turn down in favour of sudden death overtime. See the Raptors win a game and Gary Bussey say something coherent as everything in the cosmos reverses itself.

Spot the viral YouTube video "You're Fired" in which Donald Trump kicks Donald Trump's butt out and over the Fuddy Gates.

Me? I'm planning to spend Friday, Dec. 21, with Canadian Prime Minister Stephen Harper. That way it's sure to be the longest day of my life.

I'm fairly certain the world will end on Friday, the real

and final Black Friday. But in case I'm wrong — have a great Christmas everybody and a happy new year.

www.williamthomas.ca



WISHING YOU
AND YOUR FAMILY
A VERY HAPPY
AND SAFE
HOLIDAY
SEASON!

Merry
Christmas

WHITE'S
INSURANCE BROKERS
905-834-3228

45 Clarence St. W. Port Colborne • www.vergeinsurance.com
Auto • Home • Business • Marine • Life • Bonds

David Barrick

Give the Gift of SIGHT this Holiday

Receive as an added BONUS initial post-op drops, goggles and a 3 year vision care plan valued at \$350. All procedures booked by Jan 31st. \$350. GIFT CERTIFICATES AVAILABLE. FREE Preliminary Eye Exam Now - Jan 31st + \$100 OFF LASIK PROVISION'S GIFT TO YOU! To see if you are a candidate for Lasik Surgery

DR. ANDREW TAYLOR, MD Has personally performed 100,000 procedures

LASIK PROVISION

6800 Morrison Street, Niagara Falls
Call 905.371.3217 or 1.888.510.2020
www.lasikprovision.com

BOOK NOW! LIMITED TIME OFFER
See Now, Pay Later!
\$0 DOWN 0% INTEREST

■ BODY IMAGE: Port High students emerge more self-confident



VICTORIA GRAY Staff Photo

Students at Port Colborne High School spent 10 weeks learning how to boost their confidence and self-esteem with the Lucy Doll program. From left: Emily Chaytor, Olivia Carr, school nurse Jan Weaver, Sara Murray, Tiffany Boland and social work student intern Carleen Cizmar.

Lucy Doll empowers teen girls

VICTORIA GRAY
InPort News Staff

POR T COLBORNE — Olivia Carr struggled with body image and fitting in with the popular crowd.

The Grade 11 student at Port Colborne High School thought she had to have as many friends as possible and constantly felt like she had to impress people.

Now she knows she only has to impress herself.

"I'm myself and I should be fine with that and really I am now," she said.

Carr joined a group of about 10 girls who met every Thursday for 10 weeks to talk about communication, self-esteem, body image, media influence, beauty and much more.

Emily Chaytor, also a Grade 11 student, said participating in the group helped her become more confident.

"I know people feel the same way about these issues as me and now I see myself in a much better light," she said.

While in the female group, Lucy Dolls, students decorated four-foot wooden Lucy Dolls, which were then painted by one of the school's carpentry classes.

Throughout the program the dolls became decorated symbols of what the girls liked about themselves and who they are on the inside.

The Lucy Doll program was facilitated

at Port High by Laurier University social work student Carleen Cizmar, who's completing a internship with Niagara Regional Public Health. She wanted to help empower girls.

"When I was in high school I really wished there was something like this," Cizmar said. "People don't realize how much teens struggle with stress and body image."

Cizmar said it's important for young women to understand that diversity among people, especially girls is a positive thing.

The school's public health nurse Cizmar is paired with Jan Weaver, lead the program concept.

"We are all the same, but different on the inside," she said, adding she was amazed at how well the dolls represented each participant by the time they had been fully decorated.

"We had a limited amount of items to decorate the dolls with and they all came out very different."

Some of the dolls will be displayed in storefront windows in Port Colborne, including Something Else at West and Clarence Sts. for the next few weeks and Arts Place Gallery on King St. in the new year.

victoria.gray@sunmedia.ca
Twitter: @VixeyG

If you have a story idea or see news happening, we want to hear from you –
inport.news@sunmedia.ca
or 905-732-2414.

MURDOCH'S

Celebrating 53 Years as Tire & Mechanical Experts

Murdoch's Annual Turnkey Coupon With A 4 Tire Purchase

HERCULES H

TIRE SALE SAVE \$40

ON A SET OF 4 TIRES

ECONOMY VALUE
MRX PLUS ALL SEASON



REGULAR PRICE \$69.00

SPECIAL
\$236

P175/70R13

PREMIUM TOURING
ROAD TOUR 655 ALL SEASON



REGULAR PRICE \$89.00

SPECIAL
\$316

P185/70R14

POLAR TRAX SNOW & ICE
Extreme Traction



REGULAR PRICE \$99

SPECIAL
\$356

P195/65R15

TERRA TRAC AT
LIGHT TRUCK PREMIUM



REGULAR PRICE \$139.00

SPECIAL
\$516

P215/75R15

TIRE SALE - NOW ON - FREE INSTALLATION AND BALANCING

FRONT END ALIGNMENTS

\$49
WITH A
4 TIRE PURCHASE

NITROGEN
TIRE FILLING

\$39.95
FOR 4 TIRES

Murdoch's
ONE STOP TIRE & AUTOMOTIVE
• PROFESSIONALS FOR 53 YEARS •
285 Killaly Street W.,
Port Colborne • 905-835-8832

**15% OFF
ON BRAKE PARTS & LABOUR**

**LUBE OIL & FILTER FROM
\$29.95**



Murdoch's

Non-stop entertainment 24/7
Celebrity gossip and more just a click away

VISIT canoe.ca

© 2012 Sun Media Corp. Ltd.

■ CHRISTMAS IN CONCERT



MARYANNE FIRTH Staff Photo

The St. John Bosco Catholic School choir brought the Christmas spirit to Port Colborne city hall on Monday night, singing holiday tunes for a standing-room-only crowd in council chambers.

■ BRACES FOR ALL AGES!

**KAMATOVIC
ORTHODONTICS**

OUR TEAM HAS THE EXPERIENCE TO PROVIDE PERSONALIZED SERVICE WITH QUALITY ORTHODONTIC RESULTS.

- No Dental Referral Necessary
- Complimentary Initial Examination
- Flexible Payment Plans
- Colourful Braces, Clear Braces
- Hidden Braces (Behind Teeth)
- Invisalign Preferred Provider

Dr. Michael Kamatovic
Certified Orthodontic Specialist
5400 Portage Rd. 2nd Floor
(Across From G.N.G.H.)
Niagara Falls, ON L2G 5X7
(905) 356-7919
(800) 267-7654

Learn the benefits of an orthodontic specialist at
www.kamatovicortho.com



Find Freedom in your home.

The Healthy Homes Renovation Tax Credit can help.

Seniors 65 years and older and their live-in family members are eligible for a tax credit of up to \$1,500 on home modifications that improve safety and accessibility – regardless of income. Eligible improvements include things like support bars, ramps or walk-in bathtubs. To claim your credit, keep your receipts for when you file your taxes.



ontario.ca/healthyhomes • 1-866-668-8297 • TTY 1-800-263-7776

■ COMMUNITY EVENT

Skating into the new year

InPort News Staff

PORT COLBORNE — Westside Arena will be packed with family-friendly fun this holiday season.

Residents are invited to the arena to say goodbye to 2012 at Ingredion's annual

Kids' Carnival on New Year's Eve, from 2 p.m. to 5 p.m.

Along with free skating, the event will include face painting, cookie decorating, games, a mad scientist show and fireworks at 5:30 p.m.

Over the holidays, the

city will also host a number of free skates — sponsored by Tim Hortons — on the following dates: Thursday, Dec. 27, from 2 p.m. to 3:20 p.m.; Friday, Dec. 28, from 2 p.m. to 4:20 p.m.; Wednesday, Jan. 2, from 1 p.m. to 3 p.m.; Thursday,

Jan. 3, from 1 p.m. to 3 p.m.; and Friday, Jan. 4, from 1 p.m. to 3 p.m.

A full list of public skating dates and times, as well as other on-ice activities are available on the city's website at www.portcolborne.ca/page/arenas.



Visit your Local Merchants

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly and FREE estimate

"Don't settle on part time service"

Ph: 905-894-8599



To advertise here please contact....

Lisa at 905-732-2411 ext 286 or

email : lisa.collison@sunmedia.ca



Ask Our

Pharmacists

DRUGS AND ALCOHOL

Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbiturates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen (Tylenol) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver.

Chronic alcohol use along with NSAIDS (Ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken to together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as Glyburide or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive affects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.



LARRY BOGGIO
R.Ph., Sc. Pharm. (owner)

BOGGIO PHARMACY
PORT COLBORNE
200 Catharine St., Port Colborne, ON
905.834.3514
www.boggios.com

EDUCATION: Steele Street students run storefront



DAVE JOHNSON Staff Photo

Steele Street School Grade 6 students Reagan Grano, left, and Preston Davis show two of the items up for raffle in Santa's Workshop at the school. Funds raised by the workshop were to be donated to Port Cares.

Learning through Santa's Workshop

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Grade 6 students at Steele Street School have been busy in Santa's Workshop, setting out baked goods, and placing price tags on various toys, books and other items.

Santa's Workshop, and Mrs. Claus Bakery, was put together by teacher Chrys Fraipont's Grade 6 class and it was set up as a fundraiser for Port Cares.

"This was started three weeks

ago," said Fraipont, of getting a room in the school's basement set up for the workshop.

The teacher said she likes to do one big project a year and this year it was decided to do Santa's Workshop. Last year, she and the students set up a restaurant inside the school's gym in conjunction with The Smokin' Buddha.

For the latest project, students had to sort items into different categories and price everything out.

Students brought in baked goods, which were selling for 50 cents apiece or three for \$1, and all

sorts of other items.

"Some are re-gifts, they've never been opened before," she said, adding other items were donated for raffles.

Fraipont said 10 students at a time were going to be allowed into the workshop throughout the school day Wednesday, so the students manning it wouldn't be overwhelmed.

By the end of the day, students had raised more than \$700 for Port Cares.

dave.johnson@sunmedia.ca

■ ADMINISTRATION: Wuisman returning to private sector

Wainfleet loses operations director

DAVE JOHNSON
InPort News Staff

WAINFLEET — Getting fibreglass composite bridges installed, making sure the arena opened this year and getting the township's on-site sewage inspection program underway are just some of the highlights Greg Wuisman is proud of his time in Wainfleet winds down.

Wuisman has submitted his resignation on Friday. He will finish working with Wainfleet on Dec. 21, taking a short break before he starts his new job on Jan. 7.

Wainfleet's director of operations is headed to Golder Associates, an international firm with an office in St. Catharines that opened eight months ago.

"I think it's great business development ... that's what they want me to work on. I'll also work on some projects out of the Mississauga office."

Golder Associates provides consulting, design and construction services in earth, environment and related areas of energy.

While his new role will be different than being director of operations, where he has overseen building maintenance, cemeteries, drainage, private sewage regulation, public works, recreation and roads — Wuisman was working in private industry before he started in Wainfleet.

"I came from a company that did something similar to Golder. I've been in Wainfleet just shy of five years. It's been a fulfilling experience."

Wuisman said one of his highlights with the municipality was getting two fibreglass composite bridges installed — the first in Niagara. The composite bridges cut down on construction time and last decades longer than traditional concrete spans and are lighter. "It was a really cool project."

With an estimate of \$500,000 to meet fire code deficiencies



DAVE JOHNSON Staff Photo

Greg Wuisman, Wainfleet's director of operations, is leaving the township on Dec. 21 to take a position with private firm Golder Associates, which provides consulting, design and construction services in earth, environment and related areas of energy.

at Wainfleet Arena, Wuisman had to spend about \$100,000 and meet certain requirements to allow it to open for the season.

He also noted the on-site sewage inspection program for which he was heavily involved was just a bit of work left on before it's operational.

One thing Wuisman wanted to accomplish before he left the township was computerizing Wainfleet cemetery records.

"Everything is on paper and pencil ... it's a system that's been around for 100 years. It would have been nice to make

all of it digital."

Before he left, Wuisman had one council meeting left to attend, on Dec. 18.

"Although Wainfleet's a small community, it's had a lot of issues that have been very interesting," he said, adding he'll miss it.

Major April Jeffs and township CAO Scott Lucy said Wuisman's position won't be filled by a replacement.

"In the past we've heard comments from the public questioning the complement of staff we have," said Jeffs. "It's

worth a try to see if we can spread Greg's duties across other staff and senior management. We're going to try it on a trial basis and see how it goes."

Lucy said the issue of replacing Wuisman will be brought by council and part of the discussion will be in-camera as any decisions made could affect other departments and personnel.

"If needed, we'll use a consultant to bridge any gaps," said Lucy.

dave.johnson@sunmedia.ca

Regional SHOPPING NEWS

The Regional Shopping News is looking for Full Time Motivated Achievers to join our exciting team of Sales Professionals in the Niagara Region.

Experience is preferred, however, we are willing to train individuals with dynamic personalities who are eager to drive business, develop new accounts and maintain and grow relationships with existing clients.

Position Requirements

- Develop sales strategies
- Assist clients, create advertisements to best fit clients needs
- Create proposals for short or long term contracts
- Develop a budget strategy for the client that best suits their needs
- Ensure that personal sales targets and budgets are achieved

Experience Requirements

- Ability to converse in a professional manner
- Strong written skills
- Attention to details
- Strong interpersonal skills
- Must have reliable vehicle and valid drivers license

We Offer

- Guaranteed weekly salary
- Commissions...unlimited earning potential for eager individuals
- Benefits

To apply, Please forward resumes to
Myra Robertson
Retail Manager
Regional Shopping News
myra.robertson@sunmedia.ca

SUN MEDIA
A Quebecor Media Company

We'll give you something to **SMILE** about!

• Full & Partial Dentures • Emergency & House Calls
• Free Consultation • Upper & Lower Dentures
• Same Day Replacements Available
1864 - W. 5th St., Port Colborne
905.835.2155

Norbert Gieger

**GET OUT OF DEBT NOW,
NEED CASH FAST!**
**CALL TOLL FREE
(866) 780-0839 OR
1-866-661-0910**
NO UPFRONT FEES

proudly Canadian
GIANT TIGER
 WELLAND STORE ONLY!!!

your save on everything store



we'll beat anyone!
 giant value guarantee

See details inside for details.
 © 2012 Giant Tiger Stores Ltd.

TREASURE HUNT! OPEN SATURDAYS UNTIL 9PM!

THURSDAY DECEMBER 20TH TO MONDAY DECEMBER 24TH

LIMITED QUANTITIES!

WHILE QUANTITIES LAST

Piller's Kolbassa

375g


\$3.97
Reg. \$4.97

Festive Egg Nog


\$1.00
Reg. \$1.87

Popcorn Shrimp


\$2.99
Reg. \$5.47

Laurie's Cabbage Rolls


\$5.97
Reg. \$7.97

Cinnabon Monkey Bread or Cinn Poppers

312g ~ 482g


\$4.97
YOUR CHOICE

WELLAND GIANT TIGER ONLY!



Tassimo Nabob Breakfast or Colombian


\$5.97
Reg. \$7.97

Lebel Ice Cream Log 2L


\$5.67

Pickled Onions, Pickled Gherkins, Stuffed Manzanilla Olives, or Green Olives


\$1.25
375ml
YOUR CHOICE

AQUA STAR SHRIMP PLATTER


\$10
Reg. \$14.97 SAVE 4.97
WOW 737G

Quikki Compost Mini-Liners


\$1.97
Reg. \$2.97
SAVE \$1

200 FITCH STREET WELLAND STORE ONLY!!!





CANADA'S

CHRISTMAS

STORE

AUTOSERVICE SPECIAL

SAVE
\$60

STAY WARM THIS WINTER!
START YOUR CAR FROM
INSIDE YOUR HOME.
Prostart 2-button Remote Start

Bac
\$110*

\$59.99

950-
37-0742

THIS CHRISTMAS WARM UP YOUR
SWEETHEART WITH A
WARM CAR!!!

**1/2 PRICE
PROSTART
INSTALATION***

*SEE STORE FOR SPECIFIC PRICING
PORT COLBORNE LOCATION ONLY

PORT COLBORNE MALL
WESTSIDE ROAD, PORT COLBORNE

905-835-1155



RUSTPROOFING THE GREEN CHOICE



CORROSION FREE



BEST FORMULA

Formula 2000 with CSC600:
a unique combination of lubricants, moisture
displacers and corrosion inhibitors.

BEST VALUE

Drip FREE because it lasts longer -
18 months protection saves time & money
Complete treatments cost less than \$79 per year
for most vehicles.

BEST WARRANTY

Ground breaking formula and vehicles 3 model
years or never may qualify. Covers entire
structure of vehicle, fuel tanks, fuel lines,
brake lines and emergency brake cables.



BEST ENVIRONMENTALLY

Clean, clear, see-thru formula
Drip-FREE, Odour-FREE, Non toxic
and eco-friendly



NO-Drip ECO-FRIENDLY

Products that drip off your vehicle
pollute our environment.

SAY NO TO DRIPS!



• INDUSTRY-LICENSED TECHNICIANS
AUTOSERVICE • QUALITY SERVICE
• PARTS FOR ALL MAKES AND MODELS

Thank You For Shopping
A Canadian Owned Store!



NOW OPEN

8am MON TO SAT

- STORE HOURS -

MONDAY TO FRIDAY: 8AM TO 9PM
SATURDAY: 8AM TO 6PM
SUNDAY: 9AM TO 5PM

■ VALE CENTRE: Prime-time hours booked for arena that doesn't open until February

Hot demand for ice time

Your world... Your news 24/7

Breaking news just a click away

VISIT canoe.ca

MARYANNE FIRTH

InPort News Staff

PORTAL VILLAGE PLAZA

Killaly St. W. & Steele St.
PORT COLBORNE

OPTICAL SALE

SAVE \$50
OFF
ANTI-REFLECTING
LENS COATING

SELECT
FRAMES
20%-50%
OFF

FRAMES
FROM
\$50

LENS
SPECIALS

WIDE RANGE OF EYEWEAR STYLES

**SMITH
OPTICAL**

VISION & HEARING

905-835-6607 • 482 Steele St. PORT COLBORNE

EYE EXAMS ARRANGED

It's really great to hear again!

Hearing Aids

- Latest Digital Models To Fit Your Needs
- Affordable Prices

Book your hearing
Test Today

Free
Independent
Impartial
Advice

Personalized Service

**SMITH
OPTICAL**

VISION & HEARING CARE
905-835-6607
482 STEELE ST • PORT COLBORNE



EYE EXAMS
OPTOMETRIST at
Portal Village Plaza
9 0 5 - 8 3 4 - 0 5 3 2
482 STEELE ST. PORT COLBORNE

PORT COLBORNE — The city's new ice pads are receiving a warm welcome from local user groups.

Vale Health and Wellness Centre hasn't even opened its doors and yet city staff have been successful in booking 100% of prime-time slots.

Both arenas are booked from 8 a.m. to 10 p.m. on Saturdays and Sundays, as well as from 2 p.m. to 11 p.m. Mondays to Fridays.

Harry Hakim, Port Colborne's manager of community services, outlined for city council Monday night the programming progress that's been made in recent months.

There are still a few non-prime time hours available, although city staff are working hard to see those slots filled, he said.

Difficulty lies mainly in filling daytime slots, which often remain unused due to work and school commitments, Hakim said. If the demand is there, ice can be made available as early as 7 a.m., he added.

The Vale Centre is set to open Dec. 27.

When the facility was initially proposed, council discussed having figure skating and girls' hockey at the centre, said Ward 1 Coun. Dave Elliott, who questioned why those activities were absent from the original list of ice-time users.

Hakim said staff are in discussion with different organizations in hopes of seeing those activities take off in Port Colborne.

Ward 1 Coun. Bill Steele, also the president of Port Colborne Minor Hockey Association, said work is underway to get a girls' hockey division started. The hope was to get it off the ground this season, but due to some unforeseen delays it has

been pushed back to fall 2013.

The city's current plan for the centre is to keep ice in one pad year round and to remove the ice from the other pad from the beginning of May to end of August.

Summer ice rental time has been booked with Pierre Groulx, goaltending coach for the Montreal Canadiens, who will run a highly-anticipated elite goaltending school during the last week of July.

maryanne.firth@sunmedia.ca

Twitter: @
mfirthTribune



■ REVITALIZATION: Detailed designs completed for Port Colborne



VICTORIA GRAY Staff Photo

The intersection of Clarence and West streets may have curb extensions in its future. The detailed design of Port Colborne's Downtown Central Business District Community Improvement Plan area was endorsed by city council Monday night.

Pretty plan pedestrian-friendly

MARYANNE FIRTH
InPort News Staff

POR T COLBORNE — It is a glimpse into what the area could hold for Port Colborne's downtown core.

Councillors were presented the recently-completed detailed streetscape design of the Downtown Central Business District Community Improvement Plan area.

The design came together following more than a year of collaboration between city staff, the Downtown Business Improvement Area board and consulting firm AECOM.

In addition to the installation of decorative bollards, crosswalks, benches, trees and streetlights, but also significant infrastructure improvements including new roads, sidewalks, storm and sanitary sewers and water mains.

The project also focused on maintaining and maximizing on-street parking — a factor deemed important by the public and business community during the consultation process, said Gord Shields.

The senior project manager with AECOM, the consultant firm hired to create the design, highlighted his involvement with the city council, including the installation of curb extensions and decorative crosswalks in the area's primary intersections.

"With the design of the curbs, we're trying to improve the sight lines of the intersections," Shields said, adding they also add to the safety of the intersections for pedestrians.

"The intention of the design, he said, is to make the downtown area "more pedestrian-friendly."

The design also includes the potential to have street names imprinted on sidewalks, similar to what is seen on Main St. following its recent redesign, Shields said.

Benches, streetlights and garbage containers also mimic that of Main St., which will help reduce ongoing maintenance costs and allow the city an interchangeable inventory for both sections of the city.

The design has been broken down into 15 stages to allow work to be com-

pleted progressively as funds become available, Shields said. Infrastructure and streetscape finishes will be completed in each stage before moving on to the next.

The first stage of the project, he said, is recommended to include Charlotte, West and King Sts. Cost estimates are available for each stage of the project to assist the city with its implementation plan, Shields said.

This will allow the city to budget accordingly as portions of the project move forward, he added.

Included in the design are a series of bollards found on the decorative boulevard at Ward 4 Coun. Barbara Butters' question, the response and shared concerns that they may make the streetscape look too busy.

The bollards are used to separate the pedestrian environment from the roadway, Shields said in response, adding they also serve an "esthetic purpose."

Ward 2 Coun. Angie Desmarais questioned why bike lanes were not included in the design, despite the inclusion of bike racks along the promenade.

With on-street parking at narrow roadways, bike lanes were not feasible and therefore were not included in the design, Shields said.

Council unanimously approved the endorsement of the design. Ward 3 Coun. Bea Kenny was absent from the meeting.

*maryanne.firth@sunmedia.ca
Twitter: @mfirthTribune*

IMPROVEMENT PLAN

The Downtown Central Business District Community Improvement Plan area is bounded by West St. to the east, Fiedlen Ave. to the west, Elgin and King Sts. to the north and Victoria St. to the south.

Information on the design, including illustrations, can be found in the city council committee meeting agenda for Dec. 10 at www.portcolborne.ca/page/minutes_and_agendas.

See all the news unfolding 24/7
Your Canadian news just a click away
visit canoe.ca



Shawn Goddard, Vice President of Scotiabank's Hamilton & Niagara District, and Scotiabank Niagara branch champions visit the CT Simulator Suite in the Walker Family Cancer Centre with NHS Medical Director of Oncology Dr Janice Gienbrecht (far right). The suite, which is being named in Scotiabank's honour, houses the CT Simulator which is an important piece of equipment in the radiation therapy planning process.

Scotiabank Supports Cancer Care

Representatives from local Scotiabank branches presented a gift of \$80,000 to the Niagara Health System It's Our Time Campaign in support of the regional Walker Family Cancer Centre.

The gift is part of the Scotiabank Bright Future philanthropic program and is a joint initiative between the Bank's thirteen Niagara branches that have pledged \$250,000 over five years to help fund enhanced services for cancer patients in Niagara.

The CT Simulator Suite (photographed above) in the new cancer centre will be named in recognition of Scotiabank's commitment.

"We are thrilled with the generous response we have received from our customers and employees across Niagara who have come on board this Scotiabank Bright Future fundraising campaign to help us raise funds for the regional Walker Family Cancer Centre," says Shawn Goddard, Vice President of Scotiabank's Hamilton and Niagara District. "This early support has allowed us to greatly exceed the \$50,000 goal we set for our first year of fundraising by \$30,000 to help bring more cancer care services closer to home for the people of Niagara."

We would like to thank the Scotiabank team and their generous supporters for their enthusiasm and willingness to make a difference in our Niagara communities.



BE PART OF THE SOLUTION.
DONATE GENEROUSLY TODAY.
www.itsOurTimeCampaign.ca

The foundations of the Niagara Health System...Working together for a healthier Niagara



Your money matters 24/7

Stocks, rates, tools, news, columnists and more just a click away

VISIT [canoe.ca](#)



nofrills

lower food prices

**WON'T BE
BEAT®**

If you find a
cheaper price,
simply show
us and
we will match.

See Store For Details

December 21st - December 27th, 2012



BLACKBERRIES

Product of Mexico
No. 1 Grade

.97¢
170 g pkg

CLEMENTINES 5LB BOX

PRODUCT OF MOROCCO/SPAIN

\$2.97
5 LB Box

Brent & Jenny's | 53 West Side Rd.
NoFrills | Port Colborne

Port Colborne

PARK OFF-LIMITS

PORT COLBORNE — The city is putting up protective fencing around the new marine-themed skateboard and BMX park, which is not scheduled to open to the public until this spring.

Though the project contractor is expected to complete on site this month, there is still work to be done at the Lock 8 Park facility before it's commissioned in 2013.

To ensure no one enters the incomplete park, and to avoid injury or incidents of vandalism, a fence will be erected around the park's perimeter at a cost of \$3,600. The area is already under video surveillance, and signs will also put up indicating so.

TRANSIT CHANGE

PORT COLBORNE — In only a few short months, the doors to Vale Health and Wellness Centre will open.

In anticipation of the opening, Port Colborne council on Monday night approved a change to the East Community bus route that ensures residents can get there.

The route, which has traditionally made its way past city hall through the city's east end, will now be changed to include a stop at the multimillion-dollar facility.

Following discussion Monday night raised by Ward 1 Coun. Dave Elliott, staff will also look at including a stop at the new skateboard and BMX park, which is scheduled to open at Lock 8 Park in the spring.

Though it does not have a designated stop at the park, the existing route will take the bus through the intersection of Mellanby Ave. and Main St. W., where park visitors can get off.

CANDY CANES FOR CHOIR



MARYANNE FIRTH Staff Photo

Port Colborne Mayor Vance Badaway hands out candy canes to members of the St. John Bosco Catholic School choir following the group's performance at council chambers on Monday night.

SPOTLIGHT on service

OCCUPY THIS SPACE

For Only **\$20⁰⁰**

Per Week

Based on 13 Weeks

Call 905-732-2414 x.458

TEMPERATURES ARE FALLING!

CALL FOR A FREE ESTIMATE ON FURNACE & AIR CONDITIONING PACKAGES

WE SERVICE ALL MAKES & MODELS!

905-892-7787

Heating & Air Conditioning
Residential - Commercial

Get the best
heat available
in Port Colborne
Family
OWNED AND
OPERATED

BOB REID

ScC Computers
Where traditional customer service meets modern technology™

SERVICE | UPGRADES | REPAIRS | USED COMPUTER SYSTEMS

250 Kent St. Port Colborne
905-834-6333

graham@scccomputers.com
www.scccomputers.com

J. SNEEK PLUMBING

FREE ESTIMATES * GREAT SERVICE * GREAT RATES

CALL JOHN SNEEK

HOME: 905-834-2135 • BUSINESS: 905-964-2518

Own a business?

Don't underestimate the power of looking great.
Your business depends on it.

FRESH, CREATIVE DESIGN
CUSTOMIZED FOR YOU.

Today's businesses need to look exceptional in web and print to stay relevant. Don't settle for mediocre design or marketing. We will make you look outstanding.

G E N E R A T E
ADVERTISING AND DESIGN

905-324-2141

www.generatedesign.ca

Does Your Business Need to Hire?

Wage Incentives

Offering financial supports that assist eligible businesses with hiring and training new workers.

Call Robert Peressotti, Job Developer for information
92 Charlotte Street, Port Colborne 905.834.3629 Ext. 230



This Employment Ontario service is funded in part by the Government of Canada



Now open!

X Fitness Private Personal Training And Bootcamp Studio.

Flexible Times And Rates To Suit Your Needs

Training Includes TRX,
The Hottest Trend In Fitness Right Now.

Call 905-329-1570

Or Visit [Www.Xfitness.ca](http://www.Xfitness.ca) For More Details.

Classes & Training are with Leann Arcaro-King, C.P.T. and Creator of X FITNESS BOOT CAMP.

OCCUPY THIS SPACE

For Only **\$20⁰⁰**

Per Week

Based on 13 Weeks

Call 905-732-2414 x.458

BOXING WEEK SALE

2012 Fiesta SE Sedan



Automatic, Air Conditioning, Pwr Windows and Locks, Previous DEMO | stk# a2003

\$16,740
+\$3,750 Dealer Cash
\$12,990 Plus HST

O DOWN 84 mths @ 5.99% \$103.43 Bi-weekly

2012 Focus SE Hatchback



6 speed Automatic, Air Conditioning, Pwr Windows and Locks, Cruise and Tilt, Heated Seats | stk# b2108

\$22,859
+\$5,000 Dealer Cash
\$17,859 Plus HST

O DOWN 84 mths @ 5.99% \$140.28 Bi-weekly

2013 Explorer Limited AWD



6 speed Automatic, Climate control Heat and A/C, Back-up Camera, Leather quad capt chairs, 20" Chrome Wheels, Navigation, Previous DEMO | stk# j3010

\$49,888.36
+\$3,000 Dealer Cash
+\$1,000 Costco Rebate
\$45,888.36 Plus HST

O DOWN 84 mths @ 5.99% \$377.23 Bi-weekly

2013 F150 Supercrew XLT 4x4



6 speed Automatic, Air Conditioning, Pwr Seat, Trailer Tow Pkg, 5.0L 8 cyl | stk# m3023

\$42,871.80
+\$7,500 Dealer Cash
+\$1,000 Costco Rebate
\$35,371.80 Plus HST

O DOWN 84 mths @ 5.99% \$273.52 Bi-weekly

2013 Edge AWD Limited



6 speed Automatic, Climate control Heat and A/C, Back up Camera, Navigation, Vista Roof, Leather Interior, 20" Wheels, Previous DEMO | stk# f3001

\$41,357.65
+\$4,750 Dealer Cash
+\$1,000 Costco Rebate
\$35,607.65 Plus HST

O DOWN 84 mths @ 5.99% \$275.50 Bi-weekly

2013 F150 Supercab STX



6 speed Automatic, Air Conditioning, AM/FM CD with Sirius, 17" Alloy wheels | stk# m3014

\$30,990
+\$7,000 Dealer Cash
+\$1,000 Costco Rebate
\$22,990 Plus HST

O DOWN 84 mths @ 5.99% \$180.19 Bi-weekly

Mike Knapp
607 NIAGARA STREET WELLAND



MIKEKNAPPFORD.COM

1-877-235-9408

OFFER ENDS DECEMBER 25th

GET
UP
TO \$

7,500
IN REBATES

ON VIRTUALLY ALL NEW MODELS.

Ford
**THE SIMPLE
SALES EVENT**



PLUS
ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL
\$1000 **COSTCO**
WHOLESALE

IT'S THAT SIMPLE.

classifiedextra.ca

Place it on classifiedextra.ca

Canada's largest and most trusted
print and online classifieds network

Miscellaneous

FIRE: 120 PAGE CATALOGUE from Halfords. Butcher supplies, dog kennels, craft supplies and animal control products. 1300+ items. Catalog or E-mail: greg@q halfords.com. Visit our Web Store: www.halfordsmailorder.com

Real Estate Services

CANCEL YOUR TIMESHARE NO RISK program. STOP Paying Maintenance Payments Today. 100% Satisfaction Guarantee. Free Consultation. Call Now! 1-888-356-6248

Apartments

1 BDRM Cozy bnd apt \$600. furnished required. All utilities included. Avail Now. 905-501-4990.

1 BEDROOM Available now \$550.00. 1 bath. (905)732-1889

2 BDRM at home Close to Lincoln St. Met. No pets allowed. \$650. Avail Now. 905-634-6624

2 BDRM Port Colborne \$475 + utility. Call 289-695-4745

2 BDRM Princess 4th floor. Great location, ground flr. fr. lg. pvt. patio, parking, social room. 2 bdrms. rooms. Glenn 905-738-4602

2 BDRM upper Port Colborne. 4th flr. 2 br. 1 bath. Lndry \$700 + Hydro. 1 car parking. Tel: Paul 1-869-704-7068

Location!

2 BDRMS on ground floor available. Spacious kitchen, master living. Balconies, laundry, social room. Located close to Maple park, 1 bed, 1 bath. Starting at \$550. 973-5793. Call 1-805-735-5749

KINGS MANOR on Glen Park Dr. 1 & 2 bdrm units. Park-like setting. Extra storage. 905-532-6371

WELLAND 2 BDRM evergreen trees + gas & hydro. Freshly painted, newer carpets. No pets. 905-889-0451

Storage Space for Rent

STORAGE: Gar. Driv., Indoor, Dry Concrete, (Indoor), Dry Concretes, (Indoor), 905-651-5456 Warmwell

General Help Wanted

AG CO-OP DRIVER - At Canadian Canola - we have the right fleet for you. You will be offered guaranteed WEEKNEDS work with runs to the Indy terminals and back. Moncton. **DRIVER FOR UNITED LAREDO** Fleet offers competitive rates per tonne/mile, 2012 ProStar equipped with air suspension, 100k GVW, 100k miles, 100k hrs. Sign On Bonus: Our drivers receive pay mostly between CN, PQ and the United States International Fleet with opportunities for drivers friendly freight. Also Hiring Owner Operators. Minimum requirements: Fleets to Drive for in North America. Call Recruiters and choose your location. Call 1-866-356-6248 www.classifiedextra.com

HOLMAN FARMING

Division of Rod Holman Trucking Ltd., London, Ontario, N6A 3H3. Full-Time Permanent Driver Positions Available. Operators/1A Drivers (NOC B341/4111). Opportunity for promotion. Repeat all of farm machinery, equipment, grain and inputs. \$16-25 hour. Email resume: drh@rodh.com or www.drh.com

Business Services

HAVE YOU BEEN CANADA PENSION PLAN DISABILITY BENEFITS? The Disability Claims Agency Client Support help. Contact Allison Scott at 1-877-793-3222 www.dcaoc.ca

Public Notices

CRIMINAL RECORD? Don't let your past limit your future. Since 1984 Confidential, fast processing + low cost. BBB Rating. EDUCATIONAL TRAVEL FREEDOM. Call for FREE INFO: 1-866-372-7272 www.FreedomYourRecord.com

Astrology Psychic Consultants

TRUE PSYCHICS 4 Answers Astrology Now 1-847-701 FREE! 1-877-342-0032 1-800-342-0032 www.truepsychics.ca

Read the newspaper

Adult Entertainment Pay Per View

LOVING HOOKUPS BROWSE 4 FREE! 1-888-628-6797 Mobile #7751

HOT LOCAL CHAT TALK SHOWS. 100% LIVE. Mobile #5015. *****
Find Your Favorite CALL NOW!
1-888-732-0079
1-888-732-0189
16+ *****



Unroll a Great Deal with the Classifieds

Phone: 1-866-541-6757

Online: inportnews.classifiedextra.ca

Fax: 1-866-485-8461

Email: placeit@classifiedextra.ca

yourlifemoments.ca

Marking your milestones.

For Obituaries call:

1-877-750-5054

Fax: 1-866-485-8461

e-mail: obituaries@yourlifemoments.ca

All other moments call:

1-888-786-7821

Fax: 1-866-572-0227

e-mail: moments@yourlifemoments.ca

Obituaries | In Memoriam | Thanks
Births | Celebrations | More

In Memoriams **In Memoriams**

HOLMAN FARMING

Division of Rod Holman Trucking Ltd., London, Ontario, N6A 3H3. Full-Time Permanent Driver Positions Available. Operators/1A Drivers (NOC B341/4111). Opportunity for promotion.

Repeat all of farm machinery, equipment, grain and inputs. \$16-25 hour. Email resume: drh@rodh.com or www.drh.com

BUTERA, Angelo & Rosa -

Remembering what we had,
And never forgetting what we lost.
Two loving parents,
Dad passed away today,
And mom ten years ago this Wednesday.
- Forever in our hearts,
Love your children, xxxx

CRIMINAL RECORD? Don't let your past limit your future. Since 1984 Confidential, fast processing + low cost. BBB Rating. EDUCATIONAL TRAVEL FREEDOM. Call for FREE INFO: 1-866-372-7272 www.FreedomYourRecord.com

TRUE PSYCHICS 4 Answers Astrology Now 1-847-701 FREE! 1-877-342-0032 1-800-342-0032 www.truepsychics.ca

Read the newspaper

Place an In Memoriam....

Our Staff will be pleased to help you.

Call

1-866-541-6757



Clean As You Go.



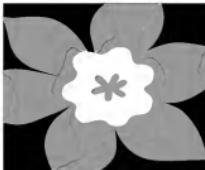
Remember with a donation

1-888-939-3333

toll free • 24 hours a day / 7 days a week

www.cancer.ca

**Canadian
Cancer
Society**



**Société
canadienne
du cancer**

■ MOCHRIE

Authors Reading Series takes humourous turn

FROM PAGE 18

"There are two major rules in improv. One is listen; which is surprisingly seldom in real life. The second is accept new ideas no matter what they sound like. This is the classic 'Yes, and...' rule of improv because we're so used to saying 'No, but...' When we allow ourselves to accept anything, that's when really funny things can happen."

Although his book *Not Quite the Classics* was unavailable at the end of Mochrie did bring along a short story he penned: a rendition of Dr. Seuss's classic *The Cat in the Hat*, which the comedian turned into a hilarious, if not

morbid, zombie apocalypse version.

According to Mochrie, he isn't a skilled public speaker but even goths would beg to differ. It was an evening that will not soon be forgotten by Mochrie, who definitely had audience members laughing all the way home.

The Canadian Authors Reading Series will be taking a short break over the holiday season and will return with more great Canadian authors in February.

Additionally, the Canadian Authors Reading Series will be having a large book sale from previous authors, featuring signed books available for purchase just in time for the holidays.



Supplied photo

Since the series end of *Whose Line Is It Anyway* in 2006, Colin Mochrie has been full-steam ahead, alongside former *Whose Line* cohorts who have had audiences rolling in the seats with their improv show appearing everywhere from small stages, Vegas and Montreal's famous comedy festival Just For Laughs. He appeared at Roselawn as part of the Canadian Authors Reading Series.

Network CLASSIFIEDS

ADVERTISE ACROSS ONTARIO OR ACROSS THE COUNTRY!

For more information contact your local newspaper.

EMPLOYMENT OPPS.

PART-TIME JOBS - Make your own schedule, sell chocolate bars to make \$\$\$, decide where and when you sell, start and stop when you want. Tel: 1-800-383-3569. www.chocolateteku.com

URS FLINT, Web Site, Hiring Hand and Rig Walkers for long term projects; Cold Lake and Bonnyville, Alberta. Apply now, by visiting www.ursflint.jobs or call 1-866-463-5468.

PERSONALS

ARE YOU TIRED of being alone? Make it your New Year's resolution not to be! Let MISTY RIVER INTRODUCTIONS help you find someone who loves you as much as you do! Call: (416)777-6302, (705)734-1292, www.mistyriverintos.com.

DATING SERVICE. Long-term/partner relationships. Free to try! 1-877-297-9883. Talk with single ladies. Call #7878 or 1-888-634-6984. Talk now! 1-866-311-9640 / #5015. Meet local single ladies. 1-877-804-5381. (18+)

TRUE PSYCHICS! 4 Answers call now 24/7 Toll Free 1-877-342-3036; Mobile #4486; <http://www.truepsychics.ca>

DRIVERS WANTED

LAIDLAW CARRIERS VAN DIVISION require experienced AZ licensed drivers to run the U.S. Premium mileage rate. Home weekly. New equipment. Also hiring Owner Operators. 1-800-263-6267

ADVERTISING

REACH MILLIONS OF CUSTOMERS IN ONTARIO WITH ONE EASY CALL! Your Classified Ad or Display Ad would appear in weekly newspapers each week across Ontario in urban, suburban and rural areas. For more information Call Today Toll-Free 1-888-219-2560. Email: k.magill@sympatico.ca or visit: www.OntarioClassifiedAds.com.

HELP WANTED

ATTENTION: LOCAL PEOPLE NEEDED. Work at home, online, P/T or F/T. We train Call Dagmar: 1-888-309-9312

INSURANCE

ARE YOU A RESPONSIBLE DRIVER who is over the age of 50? Call to get the car insurance premiums you have earned. Call Free Quotes Hotline Now 1-877-941-2266

MORTGAGES

AS SEEN ON TV - 1st, 2nd, Home Equity Loans, Bankrupt, Self-Employed, Bankrupt, Foreclosure, Short Sale, Reverse Mortgages, Refinance? Let us fight for you because "We're in your corner" CALL The Refinancing Specialists NOW Toll-Free 1-877-733-4424 (24 Hours) or click: www.MMAmortgages.com (Link#1226).

\$55 1st, 2nd, 3rd MORTGAGES - Debt Consolidation, Refinancing, Reverse Mortgages, etc. All Areas. CMHC fees \$50K you pay \$208.33/month (OAC). No income, bad credit, power of sale stopped!! BETTER OPTION MORTGAGES, CALL TODAY Toll-Free 1-800-282-1169, www.mortgagetoontario.com (Link#1069).

HEALTH

GET 50% OFF - Join Herbal Magic this week and get 50% Off. Lose weight quickly, safely and keep it off, proven results! Call Herbal Magic today 1-800-854-5176.

FINANCIAL SERVICES

Moneyprovider.com \$500 Loan and +, No Credit Refused. Fast, Easy, 100% Secure, 1-877-776-1560.

FOR SALE

#1 HIGH SPEED INTERNET \$26.95 / Month. Unlimited no ports are blocked. Unlimited Downloading. Up to 10Mbps download and 8Mbps upload. ORDER TODAY AT www.acanac.ca or CALL TOLL-FREE 1-866-281-3538.

SAWMILLS from only \$3997 - MAKE MONEY & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info & DVD: www.NorwoodSawmills.com/400007 1-800-566-6999 Ext. 1000.

1000 ISLAND AIRBOATS - Travel less, live longer in greatest comfort, 4 models to choose from, Transport Canada certified. More info at www.airboats.ca OR CALL TOLL-FREE 1-866-AIRBOAT (1-866-247-2628).

AUTOMOTIVE

Vehicle buyers are ONLY protected by OMVIC, an Ontario government protection law, when you buy from registered dealers. There's no protection if you buy privately and you risk becoming a victim of a con-artist. To verify dealer registration or seek help with a complaint: www.omvic.on.ca or 1-800-943-6002.

STEEL BUILDINGS/METAL BUILDINGS

60% OFF 20x28, 30x40, 40x62, 45x90, 50x120, 60x150, 80x100 and 80x200. Up to 100'. ORDER NOW! Call 1-800-457-2206 www.crownsteel.ca

VACATION/TRAVEL

HAWAII ON THE MAINLAND healthy low-cost living can be yours. Modern Alien Maleku Condominiums, 24/7 secured Community, Costa Rica "friendliest country on earth"! Rica 952-0709; www.CanTico.ca

WANTED

WANTED: OLD TUBE AUDIO EQUIPMENT, 40 years or older. Amplifiers, Stereo, Recording and Studio Equipment, Hammond organs, etc. Call toll-free no floor model consoles. Call Toll-Free 1-800-947-0393 / 519-853-2157.

CAREER TRAINING

LEARN FROM HOME, EARN FROM HOME. Medical Transcriptionists are in demand. Lots of jobs! Enrol today for less than \$95 a month. 1-800-466-1533 www.canscribe.com admissions@canscribe.com

The Healthy Cupboard

PORT COLBORNE

101 CLARENCE STREET
(across from Food Basics)

905 835.9806

FONTHILL

111 #20 EAST
(Across from Sobeys)

905 892.9054

GARCINIA CAMBOGIA

Garcinia Cambogia is a yellowish, pumpkin-shaped superfruit found in Asia and Africa that has been used traditionally by many cultures for centuries to address inflammation, gastrointestinal distress, hemorrhoids, rheumatism, women's menstrual issues, and many digestive issues. Commonly known as "bamboo," "brindal berry," or "Malabar Tamarind," the rind of the Garcinia Cambogia fruit contains potent natural compounds that support healthy weight management by supporting appetite control, disrupting fat production, supporting fat metabolism, and promoting healthy insulin function. Some Asian cultures also use Garcinia Cambogia in their traditional curries and other popular dishes because they believe that the sour flavor of the fruit is what activates and supports the digestive system.



CARALLUMA FIMBRIATA

Genesis Today's 100% pure Caralluma Fimbriata extract is derived from a cactus that grows abundantly in India where it has been consumed raw, seasoned with spices and cooked in traditional Indian dishes for centuries. Nicknamed "The Hunger Buster," this edible cactus is known in its native India as "famine food," because it was eaten during times of famine and on hunting treks for its powerful appetite-suppressing and thirst-quenching qualities. Our supplement contains an exclusive 10:1 (10 to 1) extract of Caralluma Fimbriata, which means it takes 10 pounds of cactus to create one pound of pure powder for 10 times the appetite suppressing power. The potent natural elements in this remarkable Indian cactus help curb food cravings, disrupt fat formation, and support lean muscle mass, making it an excellent addition for a healthy weight loss regimen.



The Healthy Cupboard

AS SEEN ON DR. OZ

PURE MORINGA

Genesis Today's 100% pure Moringa is a nutrient-rich extract obtained from the leaves of the Moringa Oleifera tree nicknamed the "Miracle Tree." This resilient tree grows up to 39 feet high and is considered the most nutritious and useful tree in the world. Having used the tree's leaves and pods as a tea, in cooking, and in traditional medicine for centuries, Moringa is one of Asia and Africa's best kept secrets for weight control and optimal health. With a high concentration of vitamins, minerals, amino acids, fatty acids, antioxidants, and anti-inflammatory compounds, Moringa extract provides extraordinary nutrients to support healthy weight management, healthy blood sugar, natural energy, and overall health and longevity.

PURE GREEN COFFEE BEAN

Genesis Today's Pure Green Coffee Bean with Svetol® is an especially effective supplement containing two types of raw, unroasted green coffee bean extract for energy and metabolism support: our regular Green Coffee Bean extract plus the brand name ingredient Svetol®. Green Coffee Bean with Svetol® is standardized to contain a potent blend of chlorogenic acids combined with other natural active compounds, which are clinically proven to promote healthy weight control, fat loss, and blood sugar levels that are already within normal range. This combined, polyphenol-rich green coffee bean extract is high in antioxidants and low in caffeine, which supports cardiovascular function and weight management without the jitters associated with overstimulation.



Tanya and Ian Birrell

Owners of
The Healthy
Cupboard

PORT COLBORNE

101 CLARENCE STREET
(across from Food Basics)

905 835.9806

TWO LOCATIONS!

NEW
WEBSITE

www.healthycupboard.ca
healthycupboard@gmail.com

FONTHILL

111 #20 EAST
(Across from Sobeys)

905 892.9054